

The Senior Edition

April 2016 Volume 16 Issue 4

This 12 page issue is made possible by SELCO



The Town of Shrewsbury's Council on Aging (COA) mission is to develop and support community activities which enhance the well-being of residents of the town who are age 60 or older.

20 Year Friends' "Flashback"

Twenty years ago, on April 18 at 10:30 AM, the Friends held their monthly meeting in the Pool Room with 31 in attendance. The Treasurer reported that the treasury had a balance of \$937.04. President Eileen Creedon stated that the room had been measured for carpeting and they were given an appraisal of \$1300.00. The Art Department had also been asked about having a mural done on the wall. No decisions had been made on either requests at this time. Sharon Yager COA Director, introduced a new member of her staff, Cynthia Willis, the new Transportation Coordinator.

Plans were being made for their fundraiser of the year – a Magic Show, to be held on May 11 at the High School. Tickets were \$5 each. More drivers were needed to transport meals to the elderly. Town manager, Mr. Carney had made available the use of a police van as a backup and the only cost would be for the gas and the driver.

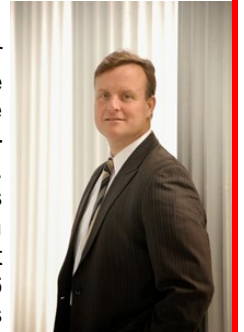
About twenty three contributed to the effort giving many useful gifts to help supply the Center's Kitchen.



Although 20 years have passed, Sharon Yager and Cynthia Willis continue to work with and for us. And although there isn't the need to furnish the kitchen with utensils, there continues to be a need for drivers to meet the needs of seniors. It is hoped that it won't take another 20 years for these needs to be met.

Dear Shrewsbury Seniors:

I hope you are enjoying the warmer temperatures and arrival of spring. The months of March and April during the second year of the Legislature's two-year session are always a busy time. One of the primary reasons for this is because of a procedural rule in both the House and Senate known as "Joint Rule 10." During the 2015-2016 legislative session, the rule requires that legislative committees issue a report and recommendation on bills under committee review prior to March 16, 2016.



The Joint Committee on Higher Education, of which I serve as Senate Chair, was very active at reviewing and issuing recommendations on about 70 bills before March 16th. The policies ranged from the cost of textbooks and college tuition to preventing campus sexual assaults. To access copies of bills, please visit the Legislature's webpage, www.MALegislature.gov, or contact my office.

As always, please do not hesitate to contact my Shrewsbury District Office via telephone at (508) 757-0323 x13, via e-mail at Michael.Moore@masenate.gov, or visit my website www.SenatorMikeMoore.com if I can ever be of assistance to you.

With best wishes,

Senator Mike Moore

*P.S. Did you know that 1 in 5 vehicles in the U.S. have an open safety recall? Don't forget to check for existing recalls on vehicles and other consumer products by visiting www.recalls.gov. *Source: Forbes Magazine*

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COA/Senior Center Staff and Volunteers:**COA Board Members**

Tim Swiss, **Chairman**; Louise Russell, **Vice Chairman**; Marty Green, **Secretary**, Charles Fenno, Norma Giumentaro, Zoya Mehta and Susan Shaw.

COA Director: Sharon M. Yager

Transportation Coordinator: Cynthia M. Willis, CCTM

Van Drivers: Pat Babin, Bob Dumas, Don Fleury, Bob Horne, Philip Koziara, Jane Person, Donna Messier, Tim Shaw, Russell Vickstrom

Outreach Coordinator: Walter P. Rice, LCSW

Volunteer Coordinator: Stacey Lavelly

Office Support Coordinators: Donna Messier and Miranda Watson

SHINE Volunteer: Mahesh Reshamwala

CARES Coordinator:

Dave Grillo

Village Café: Beth Murray,
Manager, 508-841-8757

Newsletter Committee:

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Mona Berman: **Advertising**,

Terry Gale: **Editor**, Bob Durbano, Norma Giumentaro,

Chuck Kilgore, Fran Rimkus, Maynard Rinker, Don

Rondeau, David Stirk

Please Note: Information submitted to this newsletter may be edited and/or shortened by the Newsletter Committee. If you have something to submit, please email: tgale@shrewsburyma.gov. (Please note new e-mail address!) Decisions for publication are made by the Newsletter Committee. All submissions must include the original source of the material.

IMPORTANT!
Deadline for the
May
Newsletter is
April 14, 2016

**Senior Television Shows, SPAC-TV 28**

Senior Center Events (1 hour) Tues at 3:30pm and 11:00pm, Saturdays at 3:00pm. This month featuring Humorist David Shikes & Trinity Big Band.

Seniors on the Move (30 mins) Tues. at 2:00pm, Wed. 10:00am and Fri. 11:30am, Host : Karen McKenzie.

SHINE "Medicare and More" TV) with Ed Roth at Milford TV (30 mins) Fridays at 11:30am, Saturdays at 11:30, Mondays at 4pm.

Full schedule for Channel 28, as well as 29 (Educational Access) and 30 (Government Access) on the town's website: www.shrewsburyma.gov.

Fri., April 1st, 10-11am: Brain Gym

Smoothie: Heart Healthy Smoothies and Brain Gym. New Smoothie each month. Please call 508-841-8640 or stop by the front desk to register.

**Tues., April 5th & Mon., April 25th, 9am-12pm,**

Legal Clinic: Two clinics are held per month to meet the demand for this free, popular service. Meet with an elder law attorney one on one for a half hour to review your legal questions/issues. **Advance signup is required, call the Senior Center to register.**

Fri., April 8th, 11:30am: Movie and Lunch: Ricki and the Flash (PG-13, 1hr, 41 min):

In this comedy/drama, it's been a roller-coaster ride for Ricki Rendazzo (Meryl Streep), a one-time wife and mother of three who left her family behind to follow her dreams of rock 'n' roll stardom in California. Now, the singer and guitarist must face the music when she returns home to Indiana to reconnect with ex-husband Pete (Kevin Kline), troubled daughter Julie (played by real life daughter Mamie Gummer), engaged son Josh and younger son Adam. Filled with regret, Ricki hopes to find redemption for all of the bad choices that she made in the past. (also starring Rick Springfield and Kevin Kline.) Movies have limited seating. Reserve lunch for 11:00 at the Village Café for donation of \$2.50. Movie will start promptly at 11:30.

**Tues., April 19th, 1pm: Friends of the Shrewsbury Senior Center Inc. Program:**

You are invited to a birthday party! And besides ice cream and cake, there will be a Community Concert with Roger Tincknell who will present a program that will include popular songs from the 1950's and early 1960's. From Elvis to the Beatles Roger will invite the audience to sing, clap, play percussion and dance. Come and enjoy a musical, fun-filled afternoon and celebrate your birthday regardless of when it is. This program is supported in part by a grant from the Shrewsbury Cultural Council that is supported by the Massachusetts Cultural Council.

Thurs., Apr. 7th, 9:30 - 11:00**Scrapbooking:** Scrapbooking returns!

This is an ongoing "hands on" class to restore & preserve your memories. And to explore the possibilities of passing-on family knowledge, pictures, recipes or anything else you would like to create. Coffee & cookies will be served on the first day of our meeting. If you can't make it on the 7th, there is an **Open house on the 14th**, in the Craft room at the Senior Center.



★ ★ ★ ★
**SENATOR
MOORE**



Stop by or call!

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SHREWSBURY TOWERS
36 N. Quinsigamond Ave.
Tel. (508) 757-0323 x13

www.SenatorMikeMoore.com

**STATE REPRESENTATIVE
HANNAH KANE**



(617) 722-2430

EMAIL: HANNAH.KANE@MAHOUSE.GOV
WEBSITE: WWW.REPHANNAHKANE.COM



RESERVATIONS BEING ACCEPTED! - OPENING SPRING 2016



**A Revolutionary Alzheimer's and
Dementia Residential Care Facility**
for the Elderly in Central Massachusetts



Thurs., April 21th, 2:00 - 8:00pm

Blood Drive: One pint of blood can help to save up to three lives! Every two seconds someone needs a blood transfusion. Adults of any age can donate. Call the Red Cross at 1-800-GIVE-Life.

Mon., April 25th, 10-11am Senator Moore Office

Hours: Senator Michael Moore or a representative from his office, will hold office hours at the Senior Center to meet with constituents on a first come first serve basis. No appointment necessary.

Thurs., April 28th, 2:00pm Book Chat:

For this month's Discussion please read "The Husband's Secret by Lynne Moriarty." Copies are available at the Shrewsbury Public Library's Circulation desk on 3/31.



Fri., April 29th, 10:30am Representative Hannah

Kane: will hold office hours at the Senior Center to meet with constituents on a first come first serve basis. No appointment necessary. Hannah looks forward to hearing her constituents' questions and concerns.



Saturday, April 30th rain date is Sunday, May 1st The Friends of the Shrewsbury public library: will hold a "Treasures in the Trunk"

community-wide yard sale. It will take place in the **Shrewsbury Senior Center/Town Hall parking lot from 9:00 am - 2:00 pm.** Do you have "treasures" that you want to sell? Are you thinking about spring cleaning? Reserve your parking space now. Spots are first come first served!

Spaces can be reserved for \$35.00 (tax-deductible) donation. Sellers keep the proceeds from whatever they sell. There will also be a mini-used book sale, themed basket raffles, refreshments and children's games. Visitors can sell, shop or both, and benefit the library capital campaign all at the same time. Registration forms are available at the Shrewsbury Public Library, 214 Lake Street or on the campaign website: www.campaign4shrewsburylibrary.net or call the Library at 508-842-0081 for more information.

April Free Health Events:

Please call to sign up

4/12 (Tues) 10am Neuropathy Workshop: Dr. Brian Maher from Shrewsbury Chiropractic will discuss sciatica and neuropathy concerns and options that may help with these conditions.

4/12(Tues) 1-2:00pm: Hearing Screening: Peter Lee, Hearing Specialist, will run hearing tests, clean hearing aids and change batteries.

Every Wednesday at Noon: Blood Pressure Screenings with Dr. Clermont and nurse Lydia.



Help on Newsletter Mailing Day!

Free Coffee, Donuts and Muffins when you help us stick the mailing labels on The Senior Edition Newsletter. Mailing date for the May Issue is FRIDAY, April 29th at 8:30am. Come join in a fun two hours.

Friends of Shrewsbury Senior Center, Inc.

Membership year is July 1, 2015 - June 30, 2016. The Friends of the Shrewsbury Senior Center, Inc. is a non-profit organization that raises funds to support the Shrewsbury Senior Center. Please use the form below to join and support the Friends. Membership cards may be picked up at the front desk.

Please check off box or boxes that applies!

Enclosed are:

- () \$10.00 Individual Membership
() \$20.00 Couples Membership
() \$ 5.00 COA Newsletter mailing to non-residents
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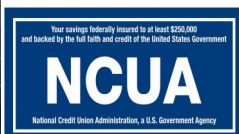
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CARES Column

(Consumer Awareness and Resources for Elders in Shrewsbury)

By Dave Grillo, CARES Coordinator

You're up late, either by choice or maybe sleep just won't come. You turn on the TV, flip through the channels, and find yourself mesmerized by infomercials promising effective natural cures for dire health conditions, others promising weight loss strategies that really work, and still more promising "magic cures" for indebtedness or financial insecurity. The common thread, no matter the subject, is that the experts are conspiring to withhold this information from you. If you or a loved one is critically ill, upsettingly overweight, or in financial peril, you can't be faulted for wanting to believe. The protagonist is always the same: Kevin Trudeau. You've seen this guy if you watched TV, day or night. Over the past two decades, he has been very successful at convincing many that his truth is the antidote to the lies and deceit of the medical establishment, the government, the professional finance world, and other "experts" with vested interests. He got very wealthy by selling hope with books such as *Natural Cures "They" Don't Want You to Know About*, *The Weight Loss Cure "They" Don't Want You to Know About*, and *Debt Cures "They" Don't Want You to Know About*. According to the website Wikipedia, his myriad infomercials have also promoted health aids, dietary supplements, addiction treatments and real estate investment strategies.

Kevin Trudeau is currently serving ten years in prison for fraud because of unsubstantiated claims and deceit found in his weight loss book. Furthermore, most of his ventures have been found to be based on speculation, unsubstantiated claims, and anecdotes. Through slick salesmanship, this convincing huckster got rich by discrediting others, and by cashing in on a vast audience that found hope in his infomercials, bought his books, and were ultimately led to expensive, fee-based subscriptions. All of it was fraudulent.

Did you take the bait? If yes, you are part of a vast victim class. Similarly, Infomercials from other TV conmen promising quick and easy riches through real estate investing have claimed scores of other victims. Viewers didn't know that the pictured yachts and opulent homes, said to be the spoils of success, were rented props; in other words, the "rich guy" didn't own these things and was really only making money by selling an illusion.

Always talk to a family member or trusted friend before parting with your hard-earned money!

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Britton Wallace

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Shrewsbury



Friends Men's Club

Thursdays 9 -11 AM

Volunteer Opportunities

By Stacey Lavelly

Volunteer Coordinator

508-841-8758

Spring is right around the corner and we are looking for several volunteers with a positive outlook to help us at the senior center. We really want to get the senior community out and about this season by experiencing new classes, activities and meeting new friends and we need you to make it happen!



CarFit Technicians: The Senior Center is working to establish a new program! A collaboration from AAA, AARP and the

American Occupational Therapy Association. Volunteers are sought to undergo a training to help man a "Car Fit" station to help educate drivers on how to make their car fit better to their needs. Call for more information! (Also see page 8)

Permanent and Fill-in Receptionists: We are looking for a permanent receptionist for 2 Fridays a month from 12-4pm and fill-in receptionists at our front desk. Fill-in shifts are 8am-12pm or 12pm-4pm. Duties include answering phones, helping people who come to the reception desk and other office duties. Computer experience is not necessary but a positive attitude and dependability are!

Walking Group Leader – 2016: Several folks hope to form a Walking Group. We need a leader to make that vision a reality. The walks could take place in the vicinity of the Senior Center and Town Hall. I would love to brainstorm with you to create this new group, call me as soon as possible!

New Classes at Senior Center: Interested in leading a class or group at the Shrewsbury Senior Center? We are always looking for new offerings so if you have a hobby, passion or experience you would like to share with others, please get in touch with me. I am here Mondays, Tuesdays and Thursdays from 9-3pm so please call for an interview.

Instrument Instructors: We are seeking people interested in teaching seniors how to play instruments (i.e. guitar, accordion) in a small group setting. Experience playing the instrument you are teaching is necessary. Days can be flexible.

Meals On Wheels Drivers: We are seeking a few drivers to deliver meals to homebound seniors. If you have one morning a week we would love to hear from you! Shifts are available Monday through Friday. Start at 9:15am and be done by noon.



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TRAVEL

Seniors On The Go: For more info, please contact Dave Stevens at 508-869-6830. You may also go on-line at: www.boylstonsejiorsonthego.com & www.bltofma.com for day trips to be announced soon.

April 27, 2016 – “One Slight Hitch” at the Newport Playhouse. Price of \$79.00 p/p includes Newport's Buffet, Comedy Cabaret after the show, transportation and all gratuities.

May 22 – 23, 2016 – “New York City Adventure” Visit Statue of Liberty & Ellis Island; 9/11 Memorial & Museum; Chelsea Market and Guided Tour of NY City. Dinner at the Charter House on Hudson River, overnight lodging at The Hampton Inn & Suites Riverwalk – Newark, NJ and more. **Price \$389.00 p/p Dbl. \$489.00 Singles.**

June 9, 2016 – “Carousel” at the Reagle Music Theater, Waltham, MA Lunch is at Longfellow's Wayside Inn, Sudbury, MA with menu choice of Yankee Pot roast or Cranberry stuffed Breast of Chicken. **Price of \$95.00 p/p includes** Transportation, Luncheon, Musical and all gratuities. **Price includes ALL gratuities. Pick-ups for all events are in Shrewsbury.**

The Happy Travelers: Bus trips for the over 50 traveler. Driver gratuity & cancellation waiver fee included in all of our day trips. Call Gladys Merrow at (508) 835-4312 e-mail: glady2@verizon.net. Do not hesitate to reserve a seat ASAP on any of these trips, then follow up with the deposit, which will hold your seat until final payment is due.

May 14/15 - 2 Day New York featuring 9-11 Museum & Statue of Liberty, (waiting list). \$349.00

May 22 (Sun) - Mount Auburn – Sunday Brunch & Kennedy Library. \$105.00

Jun 25 (Sat) - Crane Estate, Ipswich & Essex with lunch & a boat ride \$115.00

Jul 10 (Sun) Boston Pops at Tanglewood with Seth MacFarlane with Sunday Brunch (7 seats left). \$139.00

Jul 30 (Sat) - Plymouth, MA Whale Watch. \$99.00

Aug 20 (Sat) – Portland Maine via Amtrak, lunch and boat ride. \$110.00

Sept 11-14 4 Day Niagara Falls Canada (only 3 seats left). \$579.00 double

Oct 1 (Sat) Friesians of Majesty and lunch, Vermont. \$99.00

Shrewsbury Friends Men's Club meets every Thursday at 9:00am & meeting starts at 9:30 to 11:00am. (Note time change)



Guest Speakers will be:

Apr. 7th: Henry Wood/Chris Kirk. Historic Demo Delay Bill.

Apr. 14th: Mr. Lewis G. Evangelidis, Worcester, County sheriff.

Apr. 21st: Town Master Plan Committee.

Apr. 28th: Mr. Ronald L. Goodrich, Antique Appraiser.

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Trip to Foxwoods Casino, Wed, April 6th.

8:00am with the Men's Friends Club. Depart at Shrewsbury Senior Center. Sign up at the front desk or with Joe Montecalvo and pick your seat. \$22 per person, incl. \$10 food coupon and \$10

Keno tickets. Payment is needed at sign-up to avoid overbooking. NO refunds. Call Joe at 508-234-5162. Parking spaces at the Senior Center are limited so please car pool.



Bob Zinkus 2015 Trips, call 508-757-1210 or zworcester@verizon.net, Send check to Bob Zinkus, 45 Hilton Ave., Worcester, MA 01604.

April 14: Foxwoods, Depart 8:00AM leave Casino at 4:00PM, receive buffet voucher + \$10 slot play, Prizes on bus. \$25. **April 24,** Mohegan, depart 10:00AM leave Casino at 6:00PM, receive buffet voucher + \$15 Spin on Wheel. Prizes on bus. \$25. **May 12:** Foxwoods, Depart 8:00AM leave Casino at 4:00PM, receive buffet voucher + \$10 slot play. Prizes on bus...\$25. **May 15:** Newport R.I. Playhouse "One Slight Hitch", wonderful buffet. see a funny show and then witness the Cabaret show with many laughs. Two shows, one price. Also, a tour of Ocean Drive in Newport.....\$91. **May 22:**, Captain Jack's & Foxwoods - Depart at 9:30AM to Wakefield MA - enjoy a lobster OR prime rib dinner - then to Foxwoods and receive a buffet voucher + \$10 slot play, spend a wonderful Sunday afternoon with good food and gaming....\$76

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**By Outreach Coordinator
Walter Rice, LCSW**
Call **Walter** at **508-841-8647** to set
up an appointment.

Short Term 1-1 Emotional Support: Are you caring for a sick spouse or friend? Are you helping an adult child or helping to care for grandchildren? If you are a caregiver in any form, stress can be overwhelming! Walter Rice will be happy to meet with you either at the Senior Center or at your home. The focus of getting together with Walter will be to listen, not judge, and possibly provide new options and choices to help you to address your issue(s) instead of it just remaining stuck. Call to set up a confidential appointment.

Fuel Assistance Application Deadline: The ability to apply for this program is coming quickly to an end. You need to contract Walter Rice right away if you intend to apply for the 2015-2016 winter heating season. Walter will assist you with the forms that go to the SMOC Headquarters in Framingham. Forms cannot be mailed to new Applicants. For folks 60 and older, applications must be done in person with Walter. Financial eligibility for **ONE** person is \$32,618 and for **TWO** persons it is \$42,654. If you know someone under 60 who needs assistance, please refer them to Shrewsbury Youth and Family Services (SYFS) at 508-845-6932.

Emergency List: Although winter is gone, severe weather still happens! If you want a well-being check in the event of an unforeseen emergency which causes loss of electricity and more, please call the Senior Center to be added to the list. Please note this is NOT an R.U.O.K program well-being check.

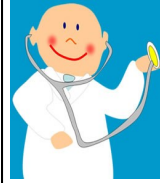
Small Home Repair Program (SHRP): This is the season for winter clean up projects and getting ready for spring. If you need help with screens, air conditioners or fans, let the SHRP help you! PLEASE don't try to take on difficult tasks yourself, no matter how small! Keep this helpful program in mind for all other small repairs that can be done. Do you need light bulbs changed, unsafe steps, stairs, railings repaired or other things, such as installing grab bars or other assistance adaptations? Being safe in your home is important. Call and explore the options that are available.

**All information shared in Outreach is Confidential! If
you have a friend or love one in need, please let
Outreach...Reach Out!**

REIKI: Many people find the light, hands-on practice of Reiki helps them in many ways. Walter Rice is a Reiki Master and can provide this gentle healing technique. If you would like to make an appointment for a FREE half hour session call him at 508-841-8647.

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**THE DOCTOR IS IN :
Elder Abuse and Health
with Dr. Harvey Clermont "Dr. C"**



Five separate categories of abuse are now defined, affecting over 10% of the senior population. These include physical abuse, verbal or psychological abuse, sexual abuse, financial abuse, and neglect. Financial abuse, especially if there exists a degree of dementia, appears to be the most prevalent. This could be perpetrated by a relative, caregiver, a person with power of attorney or a long term care facility. The victim may be unwilling to disclose this exploitation out of embarrassment or poor cognition. It takes a community effort to correct such an issue, since isolation and lack of social support are important risk factors. Older women are more likely than older men to be victims of abuse, especially the "younger old" who often will live with a spouse and older children who are the more likely abusers. If you suspect that you, a neighbor or a friend is a victim of elder abuse, notify **Walter Rice at the Senior Center 508-841-8640 to initiate an inquiry.**

**We hoped you enjoyed this new column dealing with
senior medical issues. Dr. Harvey Clermont is a
longtime volunteer at the Shrewsbury Senior Center.**

**Dr. C would like to resume having an
Annual Health Fair!**

It is hoped a Health Fair could be held some time later this year. This popular event, which was held at the Senior Center for over a decade, featured screenings, health talks, exhibits and more. Call if you would like to be part of the planning committee or have ideas to share! We need lots of help to get the Fair going again. Call the Senior Center if interested!



**Some Senior Benefits: Freshwater
fishing licenses** are free for those 70
and older and saltwater permits are
free for those at 60 and older. Availa-
ble at MA Division of Fisheries and
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Please call to learn more about our wide range of
financial services for seniors! **508-842-7400.**

Monthly Support Group Meetings Available

Support Groups can be a valuable resource! Can any of these help you or someone you care about?

April 11th: (2nd Monday): Alzheimer's Caregivers Support Group:

6pm - 8pm. Location: Pleasantries Adult Day Services, 195 Reservoir St. Marlborough. Contact Tammy Pozerycki at 508-481-0809.

April 5th: (1st Tues) Bereavement Support Group:

Notre Dame Hospice. Du Lac Assisted Living, 555 Plantation St., Worcester.

3-4:30pm contact number 508-852-5505.

Family & Care-partner Alzheimer's Support Group: 7-8:30pm at the conference room on the 2nd floor. Contact Gary Davis: 508-836-4354

April 12th (2nd Tuesday): ASHASIA Group:

11:30am—12:45. People with Aphasia & Family/Friends (all towns) No charge. Congregation B'Nai Shalom, 117 East Main St., Westborough. Call Molly at 508-898-2371 or email molly.secrest@verizon.net.

April 12th: (2nd Tuesday) Support Group for Grandparents Raising

Grandchildren: 6-8pm YWCA, 1 Salem Sq., Worcester, contact number 508-756-1545. Free childcare is provided: 508-853-8180

Better Breathers Support Group: Whittier Rehabilitation, Westborough, MA 2:00pm., contact number 508-871-2134.

Alzheimer's and Memory Loss Support Group: 1:30-3 pm.

Beaumont Rehabilitation and Skilled Nursing Center, 85 Beaumont Drive, Northbridge. Contact number 508-234-6481.

April 6th: (1st Wed) Caregivers Support Group:

Southgate Shrewsbury, 30 Julio Drive, Shrewsbury, 6:30- 8 pm. Contact Cathy Flanagan at 508-735-2059.

Alzheimer's and Related Dementia Caregiver Support Group:

Shrewsbury Crossing at 5pm. Contact Angela Rosado, Harbor Care Director at 508-845-2100

Dementia and Alzheimer Program: for spouses of individuals with memory impairments, Dodge Park, 110 Randolph Rd, Worcester 6-8 pm

April 14th: (2nd Thursday): Worcester Prostate Cancer Support

Group: UMass Med School, 55 Lake Ave North, Ambulatory Care Center, Worcester, MA 6-7:30 pm.

Contact Carl Barstow: 508-835-3390).

Caregivers Support Group: Saint Francis Adult Day Health, Worcester, MA 7-8:30 pm. Contact number 508-752-2546.

Low Vision Support Group: Northborough Senior Center, Northborough, MA 1-3 pm. Contact number 508-393-5035.

April 14th and April 25th: (2nd and 4th Thurs.): Early Stage

Alzheimer's Patient Group: 5 Whitney Place, Westborough, Second and Forth Thursdays 10:30-12pm.

April 24th: (4th Sunday): Create A Better Day Café:

1:00 - 3:00 at Pleasantries 195 Reservoir St. Marlborough. Contact Tammy at 508-481-0809.

News from SHINE April, 2016***Ed Roth, Regional SHINE Coordinator*****ARE YOU TURNING 65 WITH A HEALTH CONNECTOR PLAN**

People with Health Connector coverage nearing Medicare eligibility face many obligations – to enroll in Medicare in a timely way, to notify their Connector plan about their Medicare eligibility, and to cancel their Connector plan. Despite these responsibilities, people with Connector plans receive **no notice about their Medicare eligibility** unless they are auto-enrolled in Medicare because they receive Social Security cash benefits. **In addition, Connector enrollees receive no notification that their access to premium tax credits automatically terminates when they become Medicare eligible.**

These notification gaps put people in the Health Connector who are nearing Medicare eligibility at serious risk. Honest enrollment mistakes can lead to lifetime premium penalties, gaps in coverage, disruptions in access to needed care, **tax penalties and recovery, by the IRS resulting from the loss of premium tax credits** and delayed Medicare enrollment. To avoid these consequences, it is imperative that Health Connector members who are eligible for Medicare enroll in Medicare in a timely manner, notify their Connector plan about their Medicare eligibility, and cancel their Connector plan. **As always feel free to contact your local SHINE Regional Office at 1-800-243-4636 #3 if you have any questions.**

The Central MASS SHINE **Program is now sponsoring a monthly Cable TV program called SHINE's MEDICARE AND MORE**", we hope your local cable channel will pick it up. This program is designed to educate and update MEDICARE beneficiaries and their families on MEDICARE and other programs that can assist you with your health insurance needs. If you don't see it on your local cable channel give them call and ask about it.

The Shine Central Mass Region has recently launched its website. You can visit us on the web at www.shinema.org. Our site has valuable general information and links to other agencies that can assist you with you insurance needs.

Trained SHINE (Serving Health Information Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call the Senior Center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. You can now visit us on the internet at shinema.org.



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Look for these Future Events!

The Friends of the Shrewsbury Senior Center, Inc. will hold its Annual Meeting on Tuesday, May 17. A luncheon will begin at noon with the meeting to follow. Tickets for the luncheon will be available beginning at the April 19th program and thereafter at the front desk. Menu choices are herbed roasted chicken and baked scrod. The cost is \$10 but current members will receive a \$5 discount. Assabet High School will be catering the luncheon. When making your reservation please make a menu choice and also present your membership card to take advantage of the discount. During the Annual Meeting, elections for President, Vice President, Secretary, Assistant Secretary, Treasurer and Assistant Treasurer will be held. The Secretary and Vice President positions are open. Please consider taking one of these positions and becoming an active part of the Friends. Members will also be voting on By-Law changes.

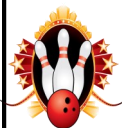
The Friends are having a lottery ticket raffle!

During the month of **May** there will be four drawings each for \$50 in lottery tickets. Drawings will be held on **May Day - May 1, Mother's Day - May 8, Friends Annual Meeting and luncheon - May 16 and Memorial Day - May 30.** Tickets will be valid for all four drawings. Tickets will be on sale at the front desk beginning **April 1.** **Costs for the tickets are: \$1 each, 3 for \$2, 8 for \$5, and 18 for \$10.** Please print your name and phone number on each ticket that will be put in the box. The other half of the ticket you will keep as your receipt. All proceeds from the raffle will benefit the Senior Center.

Craft Fair / Flea Market on Saturday, May 14th

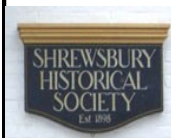
The Friends of the Shrewsbury Senior Center will hold their first annual Craft Fair and Flea Market from 9 am to 2pm at the Senior Center parking lot (inside the Center if bad weather). Now is the time to do-your Spring cleaning and turn your no longer used items into cash. We are seeking vendors of hand-crafted items, collectibles, and other typical yard sale items. Seller spaces are available for \$20 and payment is expected in advance of the sale. Sellers bring your own table or other means to display your merchandise. To reserve a space, send your name, contact information and type of items for sale, along with a check made out to FSSC, Inc. to The Friends of the Shrewsbury Senior Center, 98 Maple Ave., Shrewsbury, MA 01545 or leave a message for Sheila at 508-756-1315 for more information. Shoppers get ready for a day of bargains!

What is CarFit for the older driver? CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community. for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete. **To sign up see page 4.**



For those seniors who are young in heart:

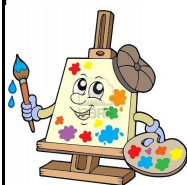
Come have some fun Fridays at one o'clock at the Shrewsbury Town & Country Bowling Alley. We have a very congenial group of men and women who are out to have fun while knocking down the pins. While there is mild competitiveness, our main goal is to enjoy the afternoon. There is no commitment. People are on teams. However, those of us who cannot come every Friday go on a team as a sub when they do come. For the \$10.00, we spend each week we bowl, we get three strings of bowling, coffee and doughnuts, and twice a year we are treated to lunch at the Imperial Buffet.



Shrewsbury Historical Society, Church Road, Shrewsbury, MA:

Wednesday, April 27: "The Lincoln Assassination", Speaker: Christopher Daley, **Time:** 7.00pm. **Wednesday, May 25:**

Annual Meeting, Awards & Elections. **Location:** To be announced, **Time:** To be announced.



19th Annual Senior Art Exhibit

Entries: Sponsored by the Secretary of the Commonwealth, William Francis Galvin's office. The 2016 theme is the 250th Anniversary of the Liberty Tree and is open to all citizens age 62 and older. Deadline for entries is July 1, 2015 and must be mailed or delivered to the attention of Delores McCray (see entry form for more information.) An Annual Award Ceremony will be held at the Commonwealth Museum at a date to be announced. At the time of the ceremony artwork may be retrieved. If an artist is unable to attend, their artwork will be returned to them. *The guidelines for the Art Exhibit can be found at the Senior Center. Please ask the receptionist for a copy of the Art Exhibit contest.*

BECOME A VOLUNTEER WE NEED YOU!

September 24 & 25, 2016



Qualifications: Willingness to be part of the 20th celebration of the *Spirit of Shrewsbury Fall Festival*.

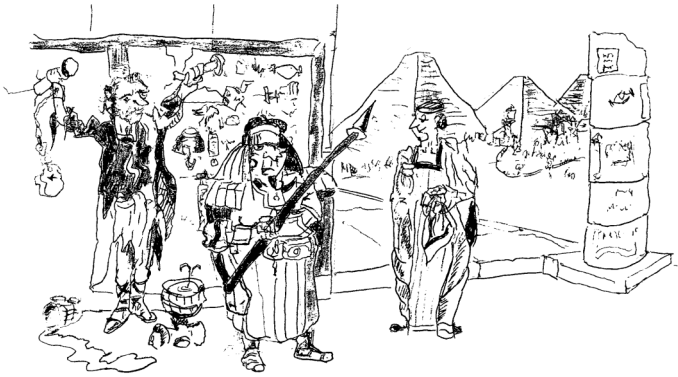
Volunteers needed to make calls, organize bingo and help with various assignments on Saturday, September, 24. Contact: Shilpa Deochakke, 978-937-9522

sdeochakke@yahoo.com, or www.spiritofshrewsbury.org.



Thanks to John Creedon's Catering Co. for his donation of 1000 coffee cups to Roger's Café at the Shrewsbury Senior Center.

The Writer's Workshop is a creative group that meets at the Senior Center on Fridays at 10:00am. Here is a special invitation poem and cartoon just for you by the members. Why not join them?



You don't have to know hieroglyphics
Or how to create Metered verse
Or be wildly prolific
Or annoyingly terse

All you need is a paper and pen
And a willingness to read
On Friday come join us at ten
Sharing ideas may be just what you need!

April Cultural Events:

"Jesus Christ Superstar"

Presented by The Part Time Players, Music by Andrew Lloyd Webber: A fundraiser to benefit All Saints Church, 10 Irving St. Worcester, MA. Fri., Apr. 8th 7:30pm, Sat., 9th, 2pm & 7:30pm, Sun., 10th, 2pm. Tickets \$15., General Admission. Order tickets at www.partimeplayers.org or call 508-752-3766 ext.24.



Mass Audubon Art and Nature Program

Drawing from Nature: An introduction to Scientific Illustration. April 3, 10, 17, 25 and May 1, 8. 6:00 to 8:30pm. Explore the natural wonders found at Broad Meadow Brook while learning traditional drawing techniques used by Illustrators of natural science. Fee \$180. (Mass Audubon members) Space is limited. Call 508-753-6087

Support and Resources!



April Grief Support—Grief and Technology?

Grief and Technology? How can they possibly fit together? Technology plays a significant role in our world today. You probably have heard of Facebook, emails, iPad's, Laptops, and Skype, just to name a few. It may seem like a blur. Let me help you clear up the blur. At times, we don't feel comfortable participating in a group, and that is understandable. This session, however, will teach you all the various ways that you can utilize technology to help you. Let's continue on our grief journey together. Bring a friend and a snack to share. Wednesday, April 20, 5:00 - 7:00pm, Central MA Hospice, 191 Pakachoag Street, Auburn. RSVP: 508-755-4500.



Family Caregiver Support Program brochures are available at the Shrewsbury Senior Center. Information includes: The Family Caregiver Support Program, Are you a Caregiver? Caregiver Support, Warning Signs of Caregiver Stress. Contact Debbie Dowd Foley, LSW 508-756-1545 or 800-243-5111 or email at ddfley@eswa.org.



Memory Café coming to Worcester in April: An Alzheimer's Dementia or memory café is a monthly gathering of individuals with memory loss along with their caregivers and/or friends and family in a safe, supportive and engaging environment. The café is free with the intent of giving everyone a welcome break from the disease. The café is a time to leave the disease at the door and just enjoy ourselves. The Anticipated first gathering of the Memory Café is Tues., April 19th from 2 - 3:30 in a private space at the Worcester Senior Center, 128 Providence St..

The Memory café will continue to meet the third Tuesday of each month thereafter, 2:00 - 3:30pm at the Worcester Senior Center. For more information contact Deb Dowd-Foley, email: ddfoley@eswa.org or at 508-756-1545

Pakachoag Music School of Greater Worcester

An afternoon of family music-making! Three Plus One: A family of Pianists. Saturday, April 2nd, 3:00pm, to 4:30pm. At the Great Hall at Pakachoag Church, 203 Pakachoag St., Auburn. Donations gratefully accepted. Call: 508-791-8159.



EarthDay²⁰¹⁶

**TREE GIVEAWAY
KIDS PRIZES
AND MORE!**

**APR 22
4-7
PM**

**VISIT US AT THE
EARTH DAY FARMER'S MARKET!**

Rain or Shine!

Over 20 Great Vendors Will Be Selling:

- | | |
|----------------------|---------------------|
| 🌍 Jams and Jellies | 🌍 Goat's Milk Soap |
| 🌍 Local Produce | 🌍 Wool/Alpaca Items |
| 🌍 Homemade Soups | 🌍 Herbal Products |
| 🌍 Fresh Bakery Goods | 🌍 And Much More! |

100 Dogwood Trees will be given away!

Raffle on Blueberry Bushes!

To give SELCO and the vendors adequate time to set up, we ask that the Senior Center parking upper parking lot be left open from 12pm on the day of the event. Thank you for your cooperation!


4-7 PM FRI. APR. 22
EARTH DAY
FARMER'S
MARKET
SPONSORED BY SELCO



**Shrewsbury Senior
Center Parking Lot**



Monthly On-Going Activities

April 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-11:30 Roger's Coffee Shop 11-1:00 SSC Club (Bingo) 11:30 Whist 1:00 Senior Challenge Class 2:00 - 3:30 Current Event Group 	8:00 - 9:00 Tai Chi Beginner 9:00 -12:00 Piano Lessons 9:15 Zumba Gold 9-11:30 Roger's Coffee Shop 10:20 Independent Artists 10:20 Belly Dancing 12-1:30 Art is 4 every1 12- 4:00 Duplicate Bridge 1:45-3:15 AiE1 Art class w/Elaine 2:00 Men's Billiards	8:30 - 9:15 Tai Chi advanced 9:00 -11:30 Roger's Coffee Shop 9:30 -10:30 Fitness & Nutrition* 10:00 -12:00 Scrabble Group 11:00 Yoga 12:00 - 1:00 BP/Weight Screening 12:30 Bridge 1:00 - 2:00 Pilates 1:00 -3:30 Whist 2:30 - Country/Western Dance Class	9:00 -11:30 Roger's Coffee Shop 9:00 -11:00 Friends Men Club 9:30 - 11:00 Scrapbooking 10:30 -11:30 & 12:00 Open Mic 1:00 Pitch 1:00 Beginner Mahjong 2:00 Men's Billiards	9-11:30 Roger's Coffee Shop 9:00 Bid Whist 10:00 Writers Workshop 1:00-3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00 - 3:00 Exercise for Seniors



***Parks and Recreation Activities Participants must register at the Parks Dept. 508-841-8503**

PLEASE NOTE: All special monthly activities, meetings and screenings appear on this calendar. Call the Senior Center at (508) 841-8640 to sign up for screenings, clinics, and special events. The entrée at the village café is listed each day. To reserve your meal, please call the Café Office at (508) 841-87057. All reservations must be made by noon, (2) business days in advance. Meal menu may change without notice. Meal donation of \$2.50 would be appreciated.				
4	5	6	7	8
Beef Burgundy Lemon Thyme Chicken	Van Trip: Walmart Rte. 9 9:30 Friends Inc. Board Mtg. 9:00 -12:00 Legal Clinic Chicken w/Asparagus Neuropathy Workshop 1:00 Hearing Screening Beef w/Jardinière Sauce	8:00 Foxwoods Trip American Chop Suey 10:00 COA Board Meeting Herb Roasted Pork	9:30 Scrapbooking Returns Beef w/Peppers & Onions 9:30 Scrapbooking Open House Spaghetti & Meatballs	11:30 Movie and Lunch Alaskan Salmon w/Dill Cheese & Spinach Omelet
11	12	13	14	15
18	19	20	21	22
All Municipal Offices are Closed 	Van Trip: Auburn Mall 1:00 Friends Inc. Program Greek Chicken		2:00-8:00 Red Cross Blood Drive Turkey Stew	4:00 - 7:00pm Earth Day Event 
25	26	27	28	29
9:00 -12:00 Legal Clinic 10:00 Senator Moore Beef Stew	Vegetable Cheese Bake	Chicken Murphy	2:00 Book Chat	8:30 Newsletter Mailing 10:30 Representative Hannah Kane Macaroni & Cheese



10:00 Smoothie Workshop

Stuffed Shells